

# West Wing Chicken with Secret Service Noodles

**Makes:** 8 Servings

“Last fall, I started to cook different recipes and would change ingredients and measurements to make them healthier and tastier,” says Maggie. “My aunt told me that I should enter the Healthy Lunchtime Challenge, because I am so interested in cooking. With this recipe, I cooked it three times in order to get it just right. My family enjoyed the meal and commented how yummy and filling it was. My dish includes all food groups, and ingredients that are grown locally. Enjoy!”

## Ingredients

For the West Wing Chicken:

- 2** eggs
- 1 teaspoon** skim milk
- 2 cups** Panko breadcrumbs
- 8** 4-ounce skinless boneless chicken breasts
- 2 tablespoons** olive oil

For the Marinara Sauce:

- 2 tablespoons** olive oil
- 3** garlic cloves, peeled and minced
- 1/2** onion, peeled and chopped
- 1** carrot, peeled and chopped
- 2** 28-ounce cans crushed or whole plum tomatoes, diced
- 1/4 cup** fresh basil, cut into strips
- 1** bay leaf
- Pinch of sea salt
- Fresh ground pepper

For the Secret Service Noodles:

- 6** squash (3 zucchini and 3 yellow squash)
- Sea salt and freshly ground black pepper
- 1** large carrot, peeled
- 1 bunch** asparagus, trimmed and cut into 1-inch pieces
- 1 tablespoon** olive oil
- 2** garlic cloves, peeled and minced
- 10** grape tomatoes, halved
- 1/4 cup** grated Parmesan cheese

## Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	426	
Total Fat	15 g	
Protein	36 g	
Carbohydrates	37 g	
Dietary Fiber	6 g	
Saturated Fat	3 g	
Sodium	429 mg	

\*Percent Daily Values are based on a 2,000 calorie diet.

## MyPlate Food Groups

Vegetables	2 1/2 cups
Grains	1 1/2 ounces
Protein Foods	3 ounces

## Directions

1. **To make the West Wing Chicken:** In a medium bowl, whisk together the eggs and milk. Put the breadcrumbs on a plate. Dip the chicken in the egg mixture and then lightly dredge both sides of the chicken in the breadcrumbs. In a large nonstick skillet, warm the olive oil over medium heat. Add the chicken and cooking in two batches, cook for 6 minutes per side, or until cooked through and golden brown.

2. **To make the Marinara Sauce:** In a large stockpot, heat the olive oil over medium heat. Add the garlic, onion and carrot and cook for 7 minutes, or until golden brown. Add the remaining ingredients and simmer over low heat for 30 minutes.

3. **To make the Secret Service Noodles:** Spiralize the squash (or you can use a box grater) and put into a colander to drain excess juice. Sprinkle lightly with sea salt and let stand for 15 minutes. Spiralize the carrots. In a large stockpot, bring 8 cups of water to a boil over medium-high heat and add squash, carrots and asparagus. Cook for 3 minutes, drain into a colander and rinse the vegetables immediately with cold water.

4. **In a nonstick skillet** warm the olive oil over medium heat. Add the garlic, squash, carrots, and asparagus, season with sea salt and pepper to taste, and cook for 1 minute.

5. **To Assemble:** Place serving of noodles on a plate and garnish with tomatoes, Parmesan, and parsley. Place 1 West Wing Chicken breast next to the Secret Service Noodles and top with Marinara Sauce.

The 2016 Healthy Lunchtime Challenge Cookbook